



Flint Contours

3101 North Linden Road
Flint, MI 48504
(810) 732-8895
rnagman@aol.com

Hours

Mon. 8:00 - 1:00, 3:00 - 8:00
Tue. 8:00 - 1:00, 3:00 - 8:00
Wed. 8:00 - 1:00, 3:00 - 8:00
Thu. 8:00 - 1:00, 3:00 - 8:00
Fri. 8:00 - 1:00, 3:00 - 8:00
Sat. 8:00 - 12:00

www.contoursexpress.com/flintmi

Women's Gym

\$34/month

on one year contract

**(\$49 enrollment
fee waived)**

Valid

**State of Michigan ID
Required**

Flint

Contours Express®

The Better Idea in Women's Gyms!™

Real Weights.

**Real
Results.**

**The Better Idea
in Women's Gyms!**



**Real Weights,
Specially-Designed for
Women in a Fun,
Friendly
Environment**

Fast workout!

We developed our 29-minute workout because we know that even though you're busy, you still want to feel better about yourself—enhancing your fitness, increasing your energy level, and even shedding a few pounds!

Better Equipment

Unlike our competitors, we offer our members real weight-bearing equipment because it has been proven more effective than hydraulic equipment for women who want to increase and maintain bone density and decrease the risk of osteoporosis.

We maximize results!

Contours Express' workout program and exercise equipment choices are based on maximizing the results of each workout so that members can reach their fitness and weight goals!